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Camera Ready Copy: Tue. 15 Oct. - 12 Noon
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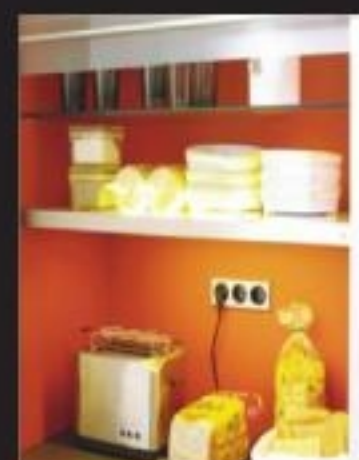


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How would you like to get a firmer, more toned and trim, cellulite-free body at Therapie Clinic Newry?



Are you tired of those lumps and bumps? You may not be hitting the gym five times a week but you eat well and are quite active yet you cannot shift those last few inches. Cellulite is another curse for women, with 90% of us suffering from the dreaded orange peel effect. It is caused by fat deposits just below the skin's surface and as we know, tends to target the upper thighs, stomach, buttocks and even the upper arms, giving skin that dimpled, orange-peel appearance.

We can reveal that Therapie Clinic has a wonder-treatment in the form of the FDA-approved, body-contouring VelaShape II treatment, which is designed to eliminate cellulite and tighten and tone the body.

The treatment has actually been made famous by the Kardashian clan and featured on Keeping up with the Kardashians, who attribute their cellulite free bodies to the award winning treatment. Jennifer Anniston is also said to be a fan.

How does Velashape work?

A roller and suction device works by melting the body's fat using a unique combination of radio frequency and

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Immediately after your first treatment, skin will take on a smoother, more toned appearance and gradual improvement takes place over a course of 6 treatments.

Two months on and I am delighted with the results, a loss of 5 inches from about my middle!

When combined with the fat-freezing Cooltec treatment, the results are nothing short of incredible. A slimmer, trimmer, tighter and more toned body. Some clients even report dropping a dress size.

The Cooltec treatment was developed in California after scientists noticed that children who sucked ice lollies developed concave depressions in their cheeks over time.

How does Cooltec work?

The treatment works by exposing fat cells to controlled

cooling (the ice lollies). A suction-like device draws in the tissue and cools the fat cells which shrink, break down and are removed by the body's natural metabolic process.

Belly fat, back fat, abdominal fat or excess fat on the thighs (inner and outer), hips and buttocks can all be targeted and reduced by between 20-40% after just one session of Cooltec.

"There's no pain, just a slight pinch when the vacuum is being attached but this passes after a few minutes. Two months on and I am delighted with the results, a loss of 5 inches from about my middle! My tum is so much flatter and tighter, clothes look and feel so much better on me. I'm delighted", said one Therapie Clinic client.

A tighter, more toned, cellulite-free body, what's not to love? Therapie Clinic offers free consultations and a special offer when you combine both treatments, contact your local Clinic on 08000 121 565. www.therapieclinic.co.uk

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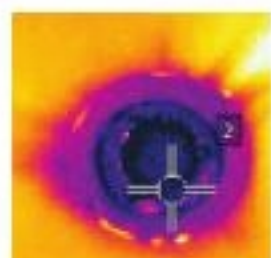
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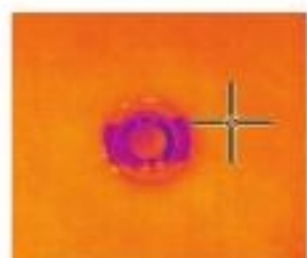
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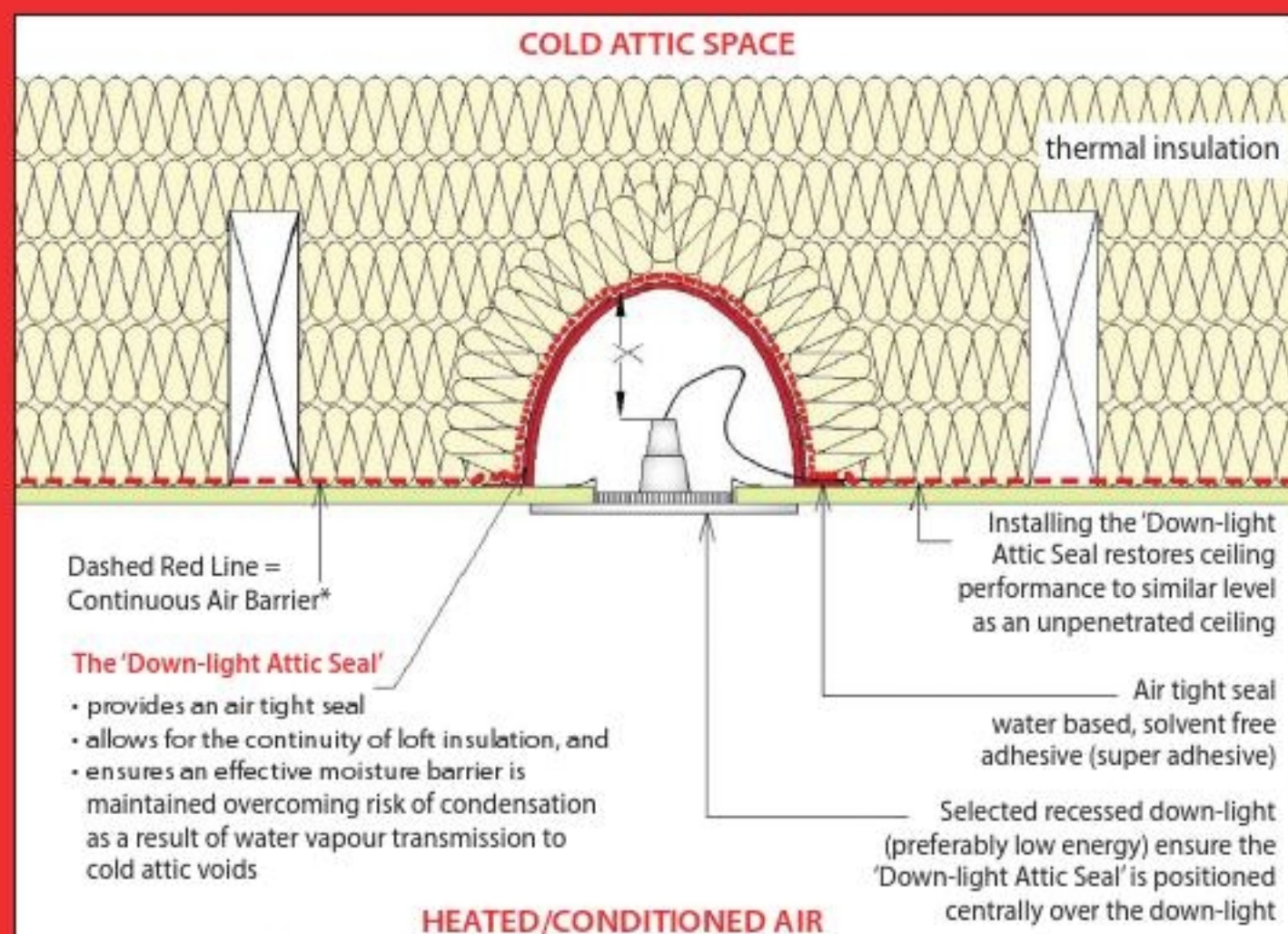


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If you are thinking about installing a home heating stove, this is one event you won't want to miss. With stoves starting at only £270, this is your opportunity to meet your

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Baby Ducklings Swim School

My name is Corina, I am a mother from Newry, five years ago my beautiful baby girl was born and I wanted to take her to a swimming class, as I'm a keen swimmer myself. Now I found out that there was nothing around Newry, so I had to travel to hollywood (Belfast) with her. I enjoyed classes but not driving such a distance, and a lot of other mothers agreed. There was nothing close by so I decided to start baby swimming up myself in Newry so I got my diplomas in baby swimming, insurance and all the other necessary papers in place to get started and now I am running a six week course for babies from birth up till 3 years old.

It is a very enjoyable class as the whole class will be based on HAVING FUN IN THE WATER. Parents take their baby into the water and will be doing different exercises with them like floatation, rotation, kicking etc. We also be singing songs and playing games. Everything moves very quickly so that the babies don't get bored, we stay half an hour in the water which is a nice temperature as its heated for the little ones. Even if parents aren't confident in the water or can't swim themselves they can join my class as

everything will be done in shallow water waist high. Babies and young children benefit greatly from babyducklings classes as through the classes they will lose their fear they might have. The younger you stimulate the babies to enjoy the water the more confident swimmers they grow up to be as swimming is a lifeskill. It is a great exercise for muscle stimulation, development of their brain and it tires them out and will give them a great sleep afterwards. Classes give a great fulfillment for bonding between a parent and their child and it's good for parents to of a social aspect as many people make lifelong friends. Dads are very welcome as well to join the classes.

I really enjoy taking the swim classes and get great feedback from parents, so recently I started to teach in Orchard Leisure Centre in Armagh as well. You can check out my website for more info on www.babyducklings.co.uk or e-mail on babyducklings@btconnect.com or if you would like to come to our next course contact Corina on 078 0986 9352.

Next 6 week course starts Wednesday 2nd October @ 2.30pm in Newry Swimming Pool or Armagh 2nd October at 12 noon.

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HSS Newry carries a full range of heaters, dehumidifiers and lights to cover all of your requirements for the incoming winter months.

HSS heaters range from commercial infra-red heaters to industrial gas and 3-Phase electric heaters, the Newry branch also carry a full stock of indirect oil fired heaters able to heat a factory floor or large industrial buildings.

Water damage can sometimes be the all too familiar, unwelcome result of the winter months. A burst water pipe or flooding damage can be easily controlled with the full HSS stock of dehumidifiers from 52ltr pump dehumidifiers to 180ltr industrial

dehumidifiers. HSS also stock a full drying range including carpet dryers and air scrubbers to improve indoor air quality while repairing any damage.

Don't be left out in the dark this winter as HSS Newry can help you with their full range of lights ranging from VT-1 diesel lighting towers for those dark winter nights on site to a full range of halogen flood lights.

For more information on all of the winter range offered by your local HSS Newry contact us on 028 3025 1966 or newry825@hss.com or simply call into our new premises at 4a Carnbane Industrial Estate, BT34 6QJ today. (Beside Haldane & Fisher, Newry)



Pictured is Neil Gallagher (Sales Manager) Pdraig Larkin (Branch Manager) of HSS Newry taking delivery of new winter stock that is available to everyone from local trades and business to DIY customers.

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Many other clinics use IPL, which is technically not laser at all. Medical-grade lasers basically ensure superior results in fewer sessions - which is the aim of the game! All you need is a course of 6 x sessions, spaced out 4-6 weeks apart and you can throw away that razor!

"At Therapie Clinic our ethos is very much about delivering a superior service and attention, and most importantly delivering superior results, at a fair and affordable price for our clients", said Managing Director, Belfast Woman, Tracy Gilligan.

A course of six treatments is generally recommended depending on the area to be treated but most clients book in for one area but invariably upgrade and go back for more, effectively throwing away the razor!



TREATMENTS

Did you know that Therapie Clinic has a wide range of super-effective products and treatments, whatever your concern or beauty dilemma. From laser hair removal to skin beautifying facials and peels, to red vein or pigmentation removal, to anti-ageing treatments to body firming and slimming treatments, you will find the perfect treatment for you and your skin at a free consultation.

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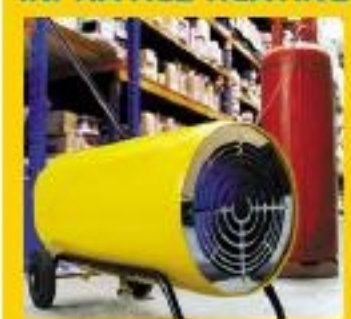
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Monday

Teeney Yoga 4.00 - 5.00 p.m.
Prana Flow Yoga *Intermediate* 7.00 - 8.30 p.m.

Tuesday

Chair Yoga 11.30 - 12.30 p.m.
in Carlingford Health Centre
Yoga for Sport 6.00 - 7.00 p.m.
Improvers Flow Yoga 7.00 - 8.30 p.m.

Wednesday

Prana Flow Yoga *Mixed Ability* 6.30 - 8.00 a.m.
Core Yoga Fusion 9.30 - 10.30 a.m.
Chair Yoga 11.00 - 12 noon

Thursday

Hot Ashtanga *Mysore style* 6.30 - 8.00 a.m.
Power Yoga Vinyasa 6.30 - 7.30 p.m.
Beginners Yoga 8.00 - 9.30 p.m.

Friday

Hot Ashtanga *Mysore style* 6.30 - 8.00 a.m.
Core Yoga Fusion 9.30 - 10.30 a.m.
Prana Flow Yoga 11.00 - 12.30 p.m.
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Sunday

Hot Ashtanga *Led class* 6.30 a.m.

Kiera is a YTTC trained and qualified Hatha Yoga teacher, Vinyasa Flow, Ashtanga 1&2, Mysore, and a registered Yoga Alliance teacher. She runs a wide range of classes that are strong, dynamic and creative from her purpose built Yoga Studio.

Kiera teaches children and holds a certificate in Birthlight (pre-natal & post-natal Yoga).

Yoga Therapy tailors to the specific needs of the individual, to promote a more holistic approach to healing.

Kiera's love for yoga and yogic living continues with her studies in Edinburgh, California and India, with teachers such as Shiva Rea and Luke Jordan.

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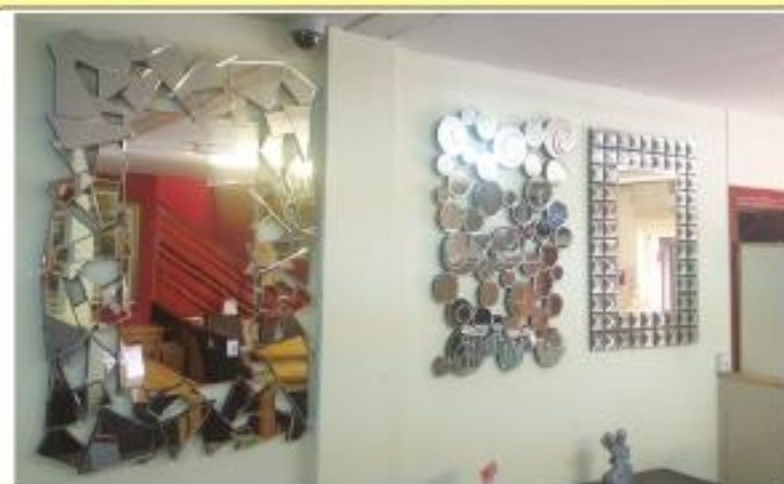
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Newry Foot Clinic and Seraphic Holistic Therapies are celebrating their first anniversary in their new premises conveniently located in the heart of Newry city, only a short walk from the main shopping area of Hill Street and opposite John Mitchel Health Centre. They are situated on the ground floor in a bright, spacious and modern premises. There is both disabled access and parking.



Newry Foot Clinic


Head Podiatrist Michaela Quinn BSc (Hons) MChS is a local private practitioner with a wealth of experience within the Newry area, alongside associate Podiatrists Niamh Burns and Carol Dunwoody they provide diagnosis and treatment of foot and lower limb disorders in a friendly, professional environment. The Podiatry team are all members of the Society of Chiropodists and Podiatrists and registered with the Health and Care Professions Council.

TREATMENTS OFFERED INCLUDE:

- **Routine Appointments**
(Corns, calluses, thickened toenails, ingrown toenails, athlete's foot etc.)
- **Nail Surgery**
- **Verrucae**
- **Biomechanical and Gait Assessment**
- **Orthotic Therapy**
- **Home Visit Service**

OPENING HOURS:

Monday	09:00 - 17:00
Tuesday	09:00 - 17:00
Wednesday	09:00 - 17:00
Thursday	11:00 - 19:00
Friday	09:00 - 19:00
Saturday	09:00 - 16:00

 Find us on facebook

For appointments and enquires please telephone 028 30278141.



Seraphic HOLISTIC THERAPIES By Agnes McCann VCT

Seraphic Holistic Therapies established in Newry City since 2006 are celebrating their first year in our spacious ground floor premises. We at Seraphic offer a wide range of holistic treatments which are tailored specifically to the individual need of the client.

Treatments provided include:

- **REFLEXOLOGY • DEEP TISSUE MASSAGE**
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- **PREGNANCY MASSAGE • INDIAN HEAD MASSAGE**
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Cranio-sacral therapy is a gentle hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It supports your body's innate ability to balance, restore and heal itself, as well as helping to reduce stress and build your underlying energy.

It helps with conditions such as ...

- **Migraines and Headaches**
- **Chronic Neck and Back Pain**
- **Stress and Tension-Related Disorders**
- **Chronic Fatigue**
- **Fibromyalgia**
- **TMJ Syndrome**
- **Central Nervous System Disorders**
- **Post-Traumatic Stress Disorder**

K.O.R.E. Therapy (Kinaesthetic Optimum Recovery Enhancement) is a new and exciting treatment, now being offered for the first time in Newry!

KORE Therapy is neurologically based and tests your ability as a whole to take part in sport or to be healthy by using the unique KORE Therapy holistic diagnostic process to find out why a problem is occurring.

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By truly understanding the nature of ill health pain and fatigue KORE Therapy will facilitate improved health and faster recovery times with enhanced fitness giving you more physical power, better mental focus and improved performance. A fitter, sharper better you.

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MORTGAGE & INSURANCE FAQ'S

Q. What's the market like at the moment?

A. It has really turned around. Properties are selling, and buyers are out there. We are seeing evidence of more interest through multiple bids on houses. Prices are attractive for many first time buyers and movers alike. If you are looking to buy now is the time.

Q. I'm a first time buyer - is it still hard to get a mortgage nowadays?

A. Lenders still want to lend, however, to put it simply, you have to dot the i's and cross the t's more than in the past. Speak to us as early as you can as a little preparation goes a very long way.

We pride ourselves on a very high success rate so we rarely get a 'no'.

Q. Why use a broker when I can go to my bank?

A. Do you really still trust your bank? Most of our work is not simply about what is the cheapest rate - its about matching the lender and the applicant to avoid unnecessary delays and cases being turned down. A broker does much more than fill out an application form. You will get the benefit of a wide range of lenders and rates, instant decisions, better deals on your insurances, and help liaising with your estate agent and solicitors.

Q. How about self build?

A. We are self build finance experts and provide an A-Z service. There are lenders who specialise in self build. Again, speak to us as early as you can. Whatever you do, don't start any building (including site works) until you have your finance in place as many lenders will not take this on. **CALL US FIRST.**

Q. I want to move house but have no offers, can I buy but rent out my existing property?

A. Yes, you can do this as long as both loans are affordable. You can use the rental income against the existing mortgage.

Q. Can I get a buy to let mortgage?

A. Yes, there are still a number of lenders for buy to let. A common factor is that you will need at least 25% deposit.

Q. When can we see you for an appointment?

A. At a time that suits you! We are flexible in our appointments and can arrange to meet you outside normal working hours. If you call us you will get straight through to an advisor. No waiting times for our advice.



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Christmas Party Night Line Up

Renaissance Suite

Friday 13th December - Mothers Little Helpers
Saturday 14th December - Mothers Little Helpers
Friday 20th December - Sunshine
Saturday 21st December - This Way Up

Followed by our Resident DJ Pete Kelly taking
you into the small hours and one step
closer to Christmas - £30.00pp
Dinner served from 8.00pm - 9.00pm (latest)

Drink Promotions

House Wine £8.00 per bottle
House Cava £12.00 per bottle
5 x Bud or Coors £10.00
Veuve Clicquot £42.50 per bottle

Christmas Party Night Menu

Classic Caesar Salad

Winter Vegetable Soup

Oven Roasted Breast of Turkey with
Honey Glazed Ham & Cranberry Sauce

Slow Roasted Prime Irish Beef with Red Wine Jus

Poached Darné of Salmon with a White Wine Sauce

Roasted Vegetable Lasagne

Served with Chef's Selection of Seasonal
Vegetables & Potatoes

Traditional Sherry Trifle

Bellini's Profiterole Stack

Freshly Brewed Tea/Coffee
After Dinner Mints



Bellini's Bistro Menu with Christmas Fayre Menu Available

Sunday - Thursday 12 noon - 8.30pm
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Christmas Eve, Boxing Day, New Year's Eve & New Year's Day

Food Served All Day

The Twelve Days Of Christmas In Bellini's Live Lounge

Live Music Nightly Thursday 19th December to
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Senior Citizens Christmas Luncheon Party

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Christmas Party Nights

Saturday 14th December

THE LETTER MEN

D.J. Oliver

Saturday 21st December

INTRIGUE

followed by Disco



Christmas Party Menu

Starters

Cream of vegetable soup served with freshly baked roll
Chilled honeydew Melon drizzled with berry coulis
Prawn cocktail served with green salad and
creamy marigold sauce

Mains

Traditional Roast stuffed Turkey & Ham with thyme jus
Roast Sirloin of Irish Beef served with creamy pepper sauce
Supreme of Salmon served with white wine & Basil sauce
All of the above served with seasonal vegetables & potato

Vegetarian stir fry
(Chinese noodles and vegetables)

Desserts

Traditional Christmas pudding served with brandy sauce
Sherry Trifle served with custard & vanilla cream
Baklava & mint chocolate cheesecake
served with fresh cream
Fresh fruit pavlova served with seasonal berries & coulis

Tea & coffee

Petit fours

Party night **£25.95 per person**

Party organiser eats free, min 15 persons

Complimentary glass of red or white wine to accompany meal

Terms and conditions apply



PLATINUM WEDDING PACKAGE

An alternative package which compliments our existing package



- * Strawberries and Cava on arrival
- * Tea and Fairy Cakes on arrival
- * Five Course Lunch (Feel free to make your own tailored menu)
- * Red, White and Rose Wine plus 2 top ups
(Choose from our extensive wine list)
- * Damask Chair Covers with corresponding colour
- * Fairy Light Backdrop
- * Wedding Evening Supper (choose from our extensive menu)
- * Complimentary DJ
(Our house dj creates a fitting end to every wedding)
- * Suite in Hotel of Choice
- * Transport to Hotel
- * Full use of Golf Inn Limo

THE GOLF INN

Lounge Bar ~ Bistro/Grill ~ Banqueting



The Newry Golf Inn, Forkhill Road, Newry offers the very best in restaurant, bar, accommodation, banqueting and conferencing facilities, catering for small parties to large banquets, formal buffets and wedding receptions.

Offering a friendly and professional service, excellent food from the A La Carte or Bar menu, as well as a full Carvery Lunch service at weekends.

Weddings at the Golf Inn has proven extremely popular with the introduction of new Inclusive Packages.

Couples can book with the assurance of a turn-key package which is suitable for every budget.

The Newry Golf Inn Platinum Wedding Package, which compliments the venue's existing package, offers you all the ingredients of a dream Wedding Day.

On arrival guests are treated to Strawberries and Cava and Tea and Fairy Cakes, followed by a sumptuous five course lunch with a personally tailored menu as well as a choice of wide red, white or rose wine from the extensive wine list with two top ups.

The Fairy Light Backdrop in the Golf Inn banqueting suite, coupled with the Damask Chair Covers with colours corresponding to the wedding party colour scheme, create the perfect ambiance for the wedding of your dreams.

There is also an extensive Wedding Evening Supper Menu to choose from and a complimentary house DJ.

The package also includes a suite in a Hotel of the couple's choice as well as transport to and from the hotel and full use of the Golf Inn Limo.

Civil Wedding Ceremonies are on the rise and the Newry Golf Inn is the perfect venue for your ceremony and wedding festivities. The Golf Inn Civil Ceremony Package includes a Four Course Tailored Lunch Menu and wine of choice from the extensive wine list.

Couples will receive the Red Carpet Treatment on arrival of the Bridal Party and the setting is perfected

THE GOLF INN

Lounge Bar ~ Bistro/Grill ~ Banqueting

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Fax: 028 3026 3983

Email: info@newrygolfinn.co.uk

Website: www.newrygolfinn.co.uk

with Damask Chair Covers to correspond with the Bridal Party Colours, a magnificent Flower Arch and Lanterns for the Ceremony and an excellent Wedding Evening Supper.

The Newry Golf Inn is the perfect venue to hold any function or private party and also offers an extensive daily restaurant menu, with a full carvery service at the weekends.

With the Christmas Party Season just around the corner, now is the time to book your Christmas Party Night at the Newry Golf Inn. Entertainment in the form of resident band Now and Then and DJ Sheepy will make Christmas 2013 a party to remember.

The Christmas Party Nights take place on Friday and Saturday, December 6th & 7th, 13th & 14th and 20th & 21st. Throughout December a special Christmas Lunch Menu is on offer for those who want to celebrate the festive season during the day. Private Party Functions can be also available on November 29th and 30th.

For further information on Wedding Packages, Christmas Events or to sample fine dining at its best contact Newry Golf Inn on 028 3026 3871, email info@newrygolfinn.co.uk or visit the website www.newrygolfinn.co.uk



THE GOLF INN

Lounge Bar ~ Bistro/Grill ~ Banqueting

Christmas PARTY NIGHTS

FRIDAY 6TH AND SATURDAY 7TH DECEMBER
FRIDAY 13TH AND SATURDAY 14TH DECEMBER
FRIDAY 20TH AND SATURDAY 21ST DECEMBER

ENTERTAINMENT EACH NIGHT WITH OUR RESIDENT BAND
NOW & THEN AND DANCE THE NIGHT AWAY WITH DJ SHEEPY

Christmas Lunch Menu

AVAILABLE THROUGHOUT DECEMBER
(BOOKING ADVISABLE)

Private Party Functions

AVAILABLE 29TH AND 30TH NOVEMBER
(MINIMUM 100 PEOPLE)

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OCTOBER IS 'HELLO NEWRY' MONTH SO GET INVOLVED AND ENJOY THE FESTIVITIES



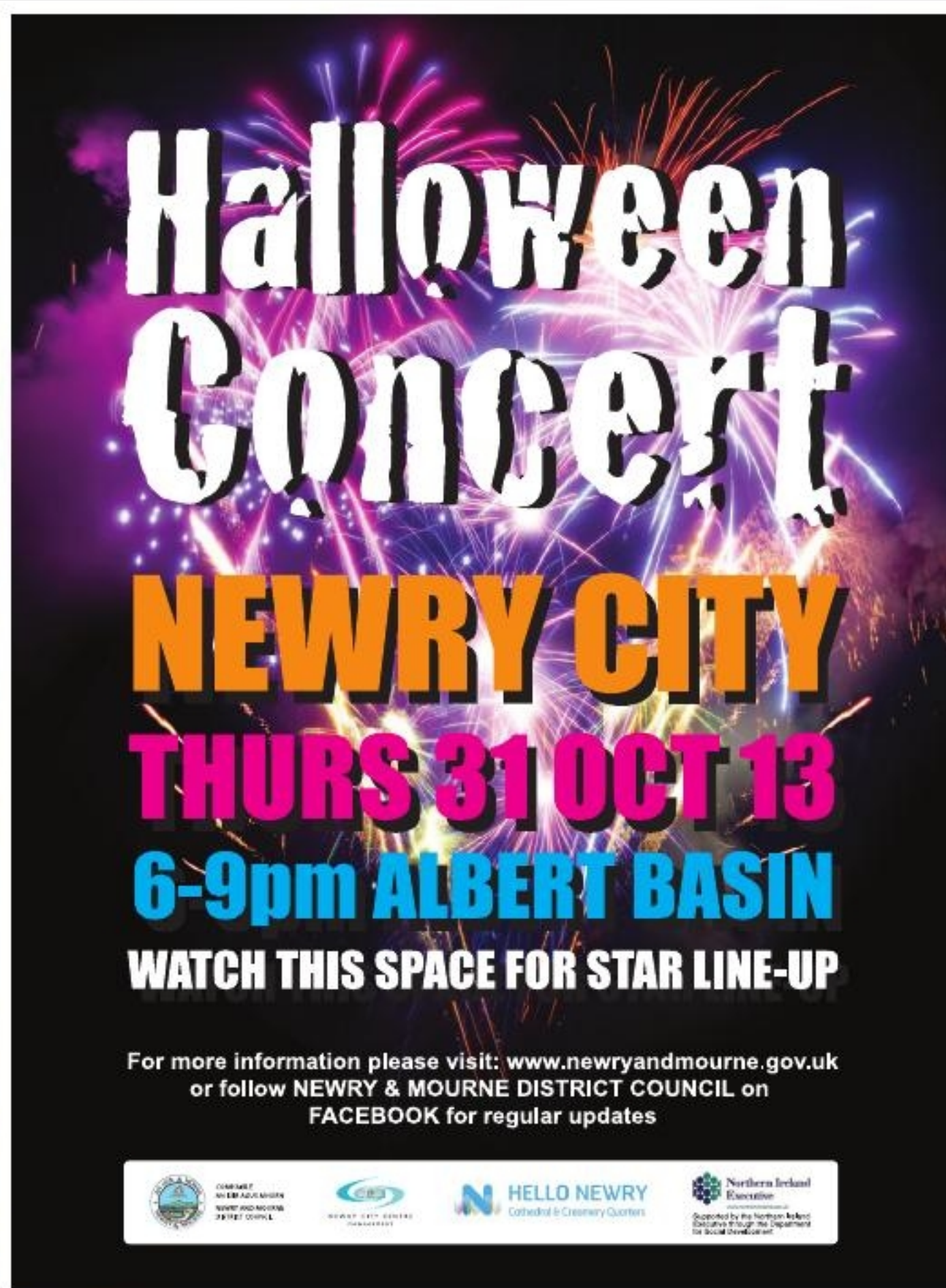
OKTOBERFEST
NEWRY 2013

NEWRY OKTOBERFEST
McClelland Park,
Creamery Quarter, Newry
THURS 3rd - SUN 6th OCTOBER

BEER | MUSIC | DANCING

Check for details:





 NewryOktoberfest
 #NOKT2013



Halloween Concert

NEWRY CITY
THURS 31 OCT 13
6-9pm ALBERT BASIN
WATCH THIS SPACE FOR STAR LINE-UP

For more information please visit: www.newryandmourne.gov.uk
or follow NEWRY & MOURNE DISTRICT COUNCIL on
FACEBOOK for regular updates

 CHAIRMAN AN EMBLAUGHAN
NEWRY AND MOURNE DISTRICT COUNCIL
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growing old
in mind and
attitude is
optional!"***

GET INVOLVED

IN

**NEWRY AND MOURNE'S
POSITIVE AGEING WEEK**

7th - 13th OCTOBER 2013

IF YOU WOULD LIKE MORE INFORMATION, A COPY OF THE CALENDAR OF EVENTS
OR YOU WOULD LIKE TO BOOK A PLACE AT THE LAUNCH PLEASE CONTACT:

Nikki Girvan on 078 2744 0622

or email nikki.girvan@southerntrust.hscni.net



Sticky Fingers
Arts for Young Children

Festival 2013
Be inspired, be creative, have fun!

October

Be inspired, be creative, have fun!

Tickets can be purchased from:
The Children's Art House
9 Monaghan Street
Newry
BT35 6BB
or online at:
www.stickyfingersarts.co.uk

For more info contact:
02830257885 or info@stickyfingersarts.co.uk

OCTOBER IS 'HELLO NEWRY' MONTH SO GET INVOLVED AND ENJOY THE FESTIVITIES



Say Hello Newry to an action-packed October with events to suit all ages!

Newry & Mourne District Council and Newry City Centre Management have officially launched a new brand identity for Newry's Cathedral and Creamery Quarters as part of the Newry Revitalisation Project. The new brand 'Hello Newry' focusses on Newry's reputation as being a welcoming city to visit. A follow on to the Environmental Improvement Scheme on Hill Street and Monaghan Street which saw a new streetscape installed in 2012 this project incorporates branding, marketing and a shop frontage improvement and painting scheme. The Northern Ireland Executive through the Department of Social Development has provided funding to assist with the development of Newry City Centre.



Pictured at the brand launch is Damian Connor, DSD, Jack Murphy, Chair of Newry City Centre Management, Donna Trimble, Newry City Centre Management, Eddy Curtis, Director of Administration, Newry & Mourne DC and Cllr Mickey Ruane, Mayor of Newry & Mourne DC.



Pictured at the brand launch is Donna Trimble, Newry City Centre Management.

Hallowe'en Concert Positive Ageing Week Oktoberfest Children's Festival

'Hello Newry' is a new brand identity for Newry's Hill Street and Monaghan Street within the City centre. Following the Environmental Improvement Scheme this project incorporates shop frontage and painting improvements, street signage, marketing literature, branded shopping bags, social media and photography. The project will also see an exciting, new website launched in the forthcoming weeks. The brand aims to bring a fresh, new look to both streets and is already starting to become a real feature in the City Centre. Funded by the Department of Social Development and supported by Newry & Mourne District Council and Newry City Centre Management, the new brand 'Hello Newry' - Cathedral & Creamery Quarters focuses on Newry's reputation as being a welcoming City and will be officially launched at the start of October with a packed programme of flag-ship events.

October in Newry will be a month of celebrations, fun and entertainment for all the family. Presenting Newry Oktoberfest, Sticky Fingers Children's Festival, Positive Ageing Week and Newry's iconic Halloween Festival, there is something for all ages. Also throughout the month there will be outside broadcasts, music, street theatre and children entertainment provided in both the Cathedral and Creamery Quarters and various locations throughout the City centre.

The aim of this project is to showcase Newry City Centre's offering and hopes to attract more tourists, visitors and shoppers to the area. With an abundance of cafes, bars, restaurants, independent and high street retailers, you have lots of choice, quality, great customer service and many reasons why you should say 'Hello Newry'.

To find out more information about what's happening please visit: www.newry.com, say hello on Twitter: @Hello_Newry or visit Cathedral Quarter Newry and Creamery Quarter Newry Facebook page.



Sticky Fingers will be getting everyone into costume ahead of the Haunted Market.



Newry Mayor Cllr Mickey Ruane launches Oktoberfest with the help of St. Catherine's Band.



October sees Positive Ageing Week aimed at getting the older generation more involved in community events and activities.

Sticky Fingers Children's Festival 2013

It's fun time again! Sticky Fingers Festival runs right throughout the whole month of October, to coincide with Newry City's inaugural Children's month and this year programme is jam packed full of fantastic things to do, see and experience!

With lots of magical workshops throughout the month of October, there is something to do for everybody, whether it is building your own circus (The Paper Circus Workshop), being a chef (Yummy Scrummy Workshop) or picking your very own pumpkin from our Patch at Narrow Water Castle.

The Festival performances are always very popular and this year will be no exception: come and welcome the circus coming all the way from Switzerland (The Paper Circus, Théâtre de l'Article), help Paperbelle searching for colour to brighten her world (Paperbelle - Frozen Charlotte Productions) and find out what lies inside Alice magical pocket (It's in the pocket! - Compagnie Jardins Insolites).

To make this year even more special and to celebrate our 11th birthday, we are inviting four very lucky people to join us for an evening of performances, magic and ghostly ghouls at the Haunted Market in Newry. For a chance of winning this very special family ticket, all you have to do is, using the empty frames in our Festival 2013 brochure, tell us what makes Sticky Fingers so special for you. It can be a drawing, a sentence, a collage... When it is done, just make sure you write your name, age and a contact number at the back of the frame and leave it in The Children's Art House before the 25th October.

The Box Office is now open online at www.stickyfingersarts.co.uk and at The Children's Art House, 9 Monaghan Street, Newry (Monday to Saturday, 10:00am to 5:00pm). We have kept our prices low and are offering opportunities for Mums, Dads, Grannies and Grandpas to attend some shows for free.

The Sticky Fingers Festival 2013 is kindly supported by The Arts Council of Northern Ireland and the EU Culture 2000.



October in Newry - a month of celebrations fun and entertainment for all

Newry Oktoberfest

WHEN **3rd - 6th October**

WHAT This is the second year of Newry Oktoberfest, a celebration of all things German, especially the beer! Live music each night, traditional omphah bands, Bavarian dancers, German food, fun and frolics.

TIME Thursday: 7pm - 11pm
Friday: 5pm - 11pm
Saturday/Sunday: 2pm - 11pm

WHERE McClelland Park, Lower Catherine Street, Creamery Quarter, Newry.

CONTACT Facebook.com/newryoktoberfest,
twitter @newryoktoberfest
e: newryoktoberfest@gmail.com



Sticky Fingers Children's Festival

WHEN **4th - 31st October**

WHAT A fantastic festival, now in its 11th year, for children and families, kicking off with 'Pop up Circus' on Friday 4th October and with events running right through until 31st October in venues across Newry. Highlights include the enchanted Haunted Market taking place at Newry Market on Sunday 27th October.

WHERE The Children's Art House, Monaghan Street and various locations around the City Centre.

CONTACT Tickets and programme information is available online www.stickyfingersarts.co.uk and from the Box Office: 9 Monaghan Street, Newry, 028 3025 7885. Ticket price for shows (unless specified): Children: £3.50 Adult: £5.00.

Newry Halloween Festival

WHEN **31st October**

WHAT Celebration of Halloween Festival with fun for all the family including an open-air concert, fireworks extravaganza and children's on-street entertainment and performances.

TIME 6pm - 9pm.

WHERE Events taking place on Hill Street, Monaghan Street and Albert Basin.

CONTACT Newry & Mourne District Council
www.newryandmourne.gov.uk



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Dealing with stress, anxiety and overwhelm

Excessive stress and its associated manifestations of anxiety, panic and overwhelm are at epidemic proportions in modern society, often leading to addiction to tranquilizers, alcohol, etc., or to phobias of everyday skills like shopping, flying or to giving a talk. In short, it leads to a life that doesn't work and can eventually lead to depression or even suicide. And, it doesn't have to be this way! Modern psychotherapists can quickly help anxious individuals to lead a normal life.

Human Givens psychotherapists firstly teach coping techniques which calm the scary symptoms, and lead to their complete disappearance. Then they help the calmer individual to deal with the stressful issues in their lives, without tranquilizers. Almost miraculous results can be produced in a few sessions, even in people who have suffered prolonged symptoms.

UNDERSTANDING ANXIETY, OVERWHELM AND PANIC

Anxiety results from our body's overuse of an ancient mechanism, the 'fight or flight' response, designed to save our distant ancestors from the threat of attack. The emotional part of the brain, having detected the threat, produces hormones, particularly adrenaline, which prepares the body for serious action.

Unfortunately, our brains still use this mechanism to deal with every day 'threats', such as an over-demanding boss/partner, a difficult relationship, financial pressures, sub-conscious memories of a previous panic



Paul Grant

attack etc. In such cases the stress may be persistent, so the ancient mechanism continues to keep the body in an unnecessary state of high alert.

The muscles are tense, the heart races, breathing is fast and shallow. It may be accompanied by sweating, palpitations, chest tightness, headaches, sickness etc. These can lead to a fear of collapse, of 'going crazy,' of complete overwhelm, of having a heart attack or a brain haemorrhage. These thoughts lead to more fear, more overwhelm and a less and less productive life. But these thoughts are untrue. The sufferer is just suffering from adrenaline overload! People can learn to control this and so recover

quickly and completely.

ADRENALIN TOXICITY - THE CAUSE AND THE SOLUTION

When the reptilian brain is triggered by fear, we become stupid, like the 'rabbit caught in the headlights of a car'. To live a healthy life, we must stop the brain producing excess adrenaline. The initial solution therefore, irrespective of the cause of our anxiety, is always to decrease the production of adrenaline by calming the nervous system. Modern brain science has provided simple solutions for staying calm including: Breathing - Making the out-breaths 1/3 longer than the in-breath; Exercise - 30 minutes 5 times per week. The therapist uses other powerful tools including cognitive and behavioural exercises, guided imagery and the 'Rewind Technique' which quickly disables obsessive worries.

If you are concerned about the levels of stress or anxiety you are experiencing in your life, consider making an appointment with Paul Grant. Paul is a qualified Human Givens Psychotherapist. As a Consultant Psychotherapist he runs a private therapy practice from The Newry Clinic, Windsor Hill, of the Belfast Road. The confidential therapy sessions with Paul last 1 hour 15 minutes. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment call Paul on 077 3973 1424.

For more information see www.paulgranthgtherapy.com.

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IMMORTAL INK TATTOO AND PIERCING STUDIO, NEWRY

Immortal Ink Tattoo and Piercing Studio is a 'walk in' studio located on Bridge Street in Newry. We first opened in 2012 and since then have built up an ever growing customer base. Our reputation has attracted interest from all around Newry, with new customers coming from all surrounding areas Banbridge, Dundalk, Enniskillen, Dublin, Belfast, London and all over the United Kingdom.

At Immortal Ink we have an experienced multi-award winning artist, with almost ten years of busy studio experience. Whatever style of tattoo you may be looking for - we can do it! We have a library of books full of tattoo styles and designs at the studio so somewhere to get plenty of ideas and inspiration from. If you already have a tattoo idea in mind then we can use our expertise and experience to guarantee that you leave with a quality looking piece of art. We specialise in custom work, portraiture, life-like, old school and new school tattoos as

well as every other tattoo style that you maybe looking for.

Our tattoo parlour has a separate booth that is used for tattooing and piercing. It is tucked away from the public area so customers have privacy and somewhere to relax when being 'inked' or pierced. As well as books in the waiting area we have seating for waiting customers and visitors. Our unique and characteristic studio is fully insured and health registered to Newry City Council. You can visit us at any time and have a piercing or tattoo created although at times you may have to wait during a busy period like at the weekends.

We are a 'walk in' studio so no appointment is necessary. Please feel free to drop in at any time even if it's just to browse through our books. For any information or assistance contact us via email or phone call if you would like to discuss anything or if you have any questions. We are here to help.



Head for Ted's - now 10 times bigger and better!

Ted's Carpets are celebrating the opening of their new mega furniture store. 10 times bigger and better, the new store now stocks an even larger range of suites, bedroom furniture, tables and chairs and occasional furniture.

Situated on the Rathfriland Road in Newry, beside Murdock Hardwood, Ted's pride themselves on traditional values where the customer always comes first and the price is always right!

Ted's confidently offers the keenest prices in the area and guarantees that no reasonable offer will be refused!

With summer drawing to a close and Christmas out there on the horizon, Ted's is pleased to offer a "Christmas Club" to suit the

budgeting customer who wants quality goods at affordable prices.

With the emphasis so firmly on customer satisfaction, Ted's offer a complete service, from free measuring and quotes, free delivery and assembly and free fitting from a team of expert tradesmen.

Seeing really is believing so call in and see for yourself the massive range of floors and furniture on offer and speak to Ted's friendly staff who, with more than 30 years' experience in the flooring and furniture trade, are only too glad to lend their expert advice to help revamp your home.

From carpets and flooring to suites, beds and furniture, all your whole household needs are taken care of at Ted's. So for top quality at wholesale prices, coupled with an expert service, head for Ted's today!

Tel. Ted's on 028 3082 5782.

Opening hours: Monday - Wednesday 9.00am - 6.00pm, Thursday & Friday 9.00am - 9.00pm, Sat 9.00am - 6.00pm and Sunday 1.00pm - 6.00pm



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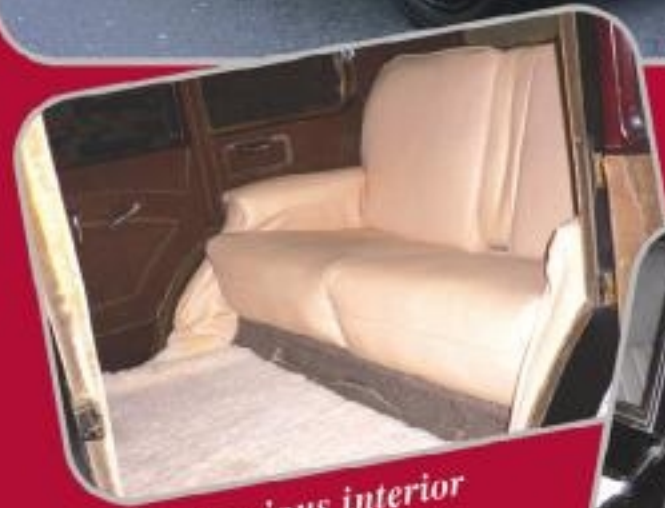


Cassidy Wedding Cars

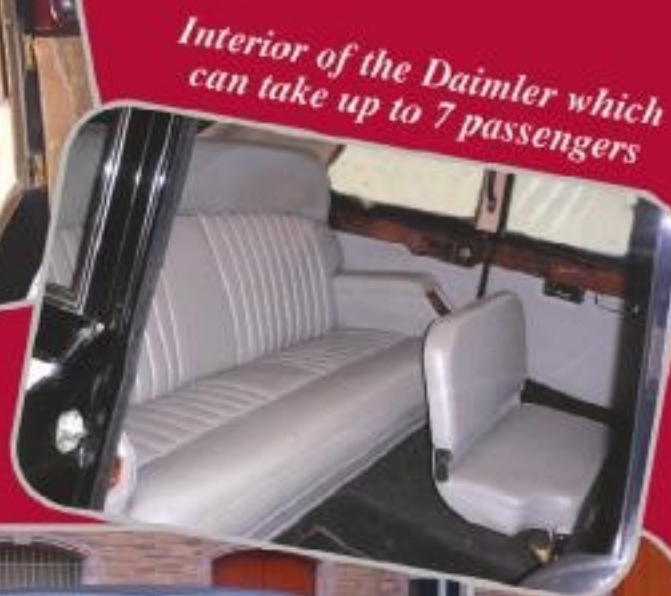


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MARA - helping people in rural South Down and South Armagh beat the recession

Benefits of over £350,000 have been issued to householders throughout Northern Ireland thanks to a new initiative.

Maximising Access to Services Grants and Benefits in Rural Areas (MARA) aims to connect people living in rural areas with benefit entitlements, grants and services that they may not be aware of. The Department of Agriculture and Rural Development (DARD) and the Public Health Agency (PHA) have contracted local community groups to help identify households who would benefit from the scheme.

South Down Family Health Initiative (SDFHI) is delivering the project in South Down, South Armagh and Craigavon. Their team of 14 home visitors (enablers) have visited over 500 homes throughout the region over the last few months. The fully trained and vetted enablers visit people in their home and carry out a detailed assessment and the information gathered is then used to make referrals for support - referrals are only made at the householders request. A second visit is carried out 6-8 weeks later to check that all referrals have been followed up and to assist the householder with any queries they may have.

Allison Slater, Project Manager, told us "we are regularly visiting homes of people who are really struggling to make ends meet. Many of these are people who have been self-employed and work has dried up or older people who find that their pensions are just not stretching far enough. In particular many people are finding the increases in

home heating costs are getting more difficult to meet.

Since we started visits, last September, we have referred over 250 households into the Warm Home Scheme; this has resulted in some homes having free insulation fitted, and in one case a whole new heating system installed. We have also referred 91 homes to the Boiler Replacement Scheme which offers grants of up to £1000.00 towards the cost of putting in a new boiler".

MARA also helps people get access to a wide range of other services including, Rural Community Transport, Translink Smart Passes, Home Safety Inspection, Disabled Facilities Grants, Occupational Therapy, Social Services and Benefit Entitlement Checks.

Allison told us "280 people, in our area, have had their benefit entitlement checked as a result of MARA. Whilst not everyone will get a benefit increase, we have seen some individuals get as much as £100.00 per week extra as a result of a MARA visit. The full benefits of this are not fully calculated yet as some of the benefits awarded will enable the householder to gain rates relief or housing benefit as well".

MARA is scheduled to run until March 2014 but it is suggested that anyone interested contact Allison as soon as possible to book a visit as there are only a set number available in each area and the project will end as soon as those numbers are met. For more information or to book a visit ring Allison or Anouska on 028 4177 4248.

CASE STUDY 1:

Mary contacted us after receiving a letter about the project. Retired for 7 years she was struggling to make ends meet and in particular found heating her 1960's bungalow very difficult.

Our enabler visited her in January this year and as a result Mary has had her house fully insulated, received a £700 grant to fit a new boiler and joined a local sewing group.

CASE STUDY 2:

Robert was widowed two years ago and felt very isolated, he had lost confidence driving and only drove when he had to. Our enabler was able to help Robert to register with Newry and Mourne Community Transport and suggested that Robert might like to join our Comfort Zone on a Wednesday morning in Warrenpoint. Robert now uses Community Transport on a regular basis and attends Comfort Zone most weeks.

CASE STUDY 3:

Brian and Joan, are senior citizens living in the Craigavon area, they contacted us after Joan had a stroke. Our enabler was able to put Brian in touch with Carers Matters and Chest, Heart and Stroke who offer him a lot of support. We also recommended a Benefit Entitlement Check and as a result Brian and Joan now receive an extra £100 per week in Benefits.



ARE YOU...

- Struggling to heat your home?
- Finding it difficult to make ends meet?
- Struggling to get out and about?
- Feeling isolated but don't know what's available?

The MARA project aims to improve the health and wellbeing of people living in rural Northern Ireland by helping them access local services, grants and benefits.

Since September 2012 we have visited 500 homes across South Down, South Armagh and Craigavon

THESE VISITS HAVE RESULTED IN...

- 261 Benefit Entitlement Checks (some seeing increases of £100 per week)
- 238 Warm Homes Referrals
- 91 Boiler Replacement Scheme Referrals
- 96 Rural Community Transport Referrals
- 287 Home Safety Inspections
- 28 Smart Pass Applications
- 79 Referrals to Occupational Therapy
- 191 Local service referrals
- 17 Social service referrals (at householders request)

All you have to do to access this FREE service is ring Allison or Anouska

028 4177 4248



SDFHI are running a number of classes throughout South Down. Some of the classes for Autumn 2013 include...

Chair Yoga

An introduction to gentle exercise, would suit those less mobile, recovering from injury or simply a great stress buster for all

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£2.00 per session & Wednesday 2.30pm
Altnaveigh House Newry £2 per session



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WHERE and WHEN...

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Tuesdays Altnaveigh House
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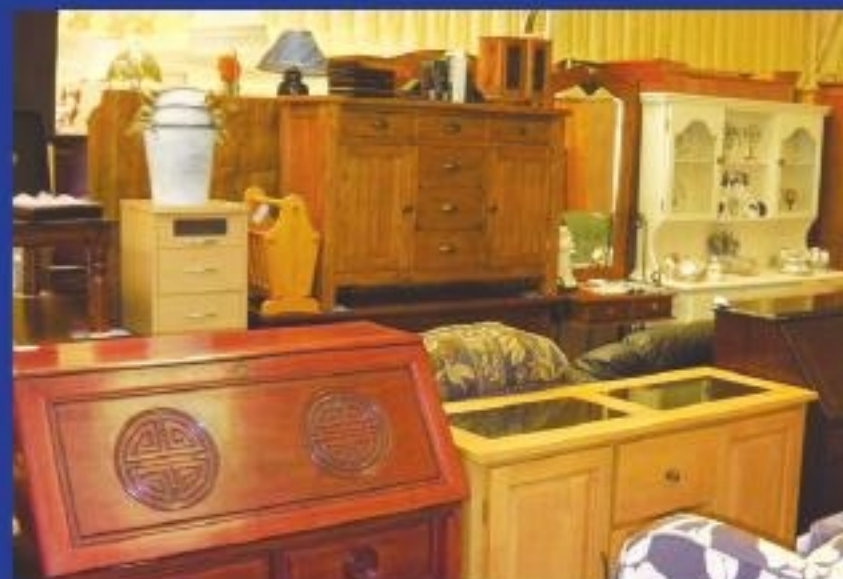
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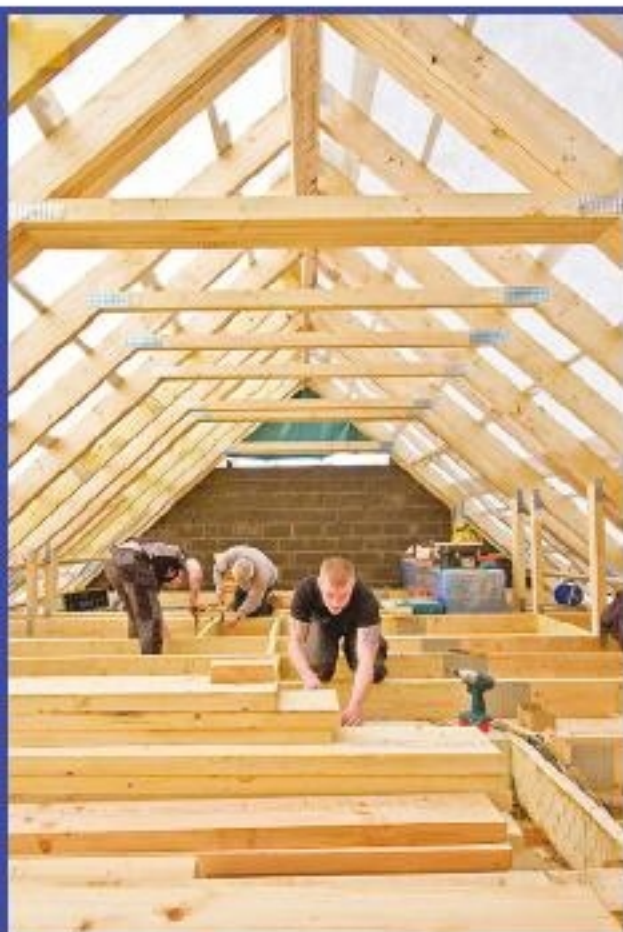


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Colm Lindsay Cars at Greebank, Newry recently held a Family Fun Day to mark the opening of the local dealership. Pictured at the launch day are Colm and Fiona Lindsay and Mayor of Newry and Mourne District Council, Councillor Michael Ruane.



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- 2013 (June) RENAULT TWINGO Dynamique Petrol 1.2 16V, 3-Dr Red, ABS, Cruise Control, Front Fogs, Air-Con, Alloys, RDS Radio/CD, Cost new £10910 - Reduced SSP to only £8995
- 2013 (JUN) RENAULT CLIO DYNAMIQUE Media-Nav 1.5 DCI 90 Stop & Start, Diesel, Diamond Black Metallic Alloys SSP £13995

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- 2010 MEGANE DIESEL, BLACK, 36K £7795
- 2009 CLIO DYNAMIQUE 1.5 DCI, 3-door, Extreme Blue metallic, 37,000 miles £5750
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- 2008 SCENIC DYNAMIQUE 1.5 dCi £5750
- 2008 MEGANE HATCH DYN 1.6 S/R £5450
- 2008 CLIO EXP 1.2 TCE 3-DR, SILVER £4995
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Official fuel consumption for the SEAT Ibiza SC range in mpg (litres per 100km): urban 35.3 (8) - 67.3 (4.2); extra-urban 55.4 (5.1) - 91.1 (3.1); combined 47.9 (5.9) - 80.7 (3.5). CO₂ emissions 139 - 92g/km. Standard EU Test figures for comparative purposes and may not reflect real driving results. This offer is only available on the Ibiza SC Toca. Model shown is an Ibiza SC 1.4 85PS Toca in Emoción Red. Offer may be varied or withdrawn at any time. All rentals are quoted inclusive of VAT. A 4.4p per mile excess mileage charge applies if the annual contract mileage of 6,000 miles is exceeded. Prices correct at time of print. Retail customers only. Subject to availability. Figures shown are based on 42 months, assuming a maximum of 6,000 miles per annum. The quotations are given subject to the vehicles being serviced and maintained in accordance with manufacturer guidelines. Further charges may be payable when vehicle is returned. Indemnities may be required. Excludes the Channel Islands. Subject to status from participating dealers only. Personal Contract hire provided by SEAT Finance, Freeport SEAT Finance. Offer may be varied or withdrawn at any time.

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The official fuel consumption in mpg (l/100km) and CO₂ emissions (g/km) for the 208 range: Urban 34.9 - 78.4 (3.6 - 8.1), Extra Urban 62.8 - 88.2 (4.5 - 3.2), Combined 48.7 - 83.0 (5.8 - 3.4) and CO₂ 135 - 87, for the 2008 range are: Urban 36.7-68.9 (7.7-4.1), Extra Urban 58.9-78.5 (4.8-3.6), Combined 47.9-74.3 (5.9-3.8) and CO₂ 135-98; for the 308 range are: Urban 28.0 - 64.2 (10.1 - 4.4), Extra Urban 50.4 - 78.5 (5.6 - 3.6), Combined 38.2 - 70.6 (7.4 - 4.0) and CO₂ 171 - 98 and for the 3008 range are: Urban 28.4 - 48.1 (9.4 - 5.8), Extra Urban 50.4 - 65.9 (5.5 - 4.4), Combined 39.7 - 57.7 (7.1 - 4.9), CO₂ 169 - 129. MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. *Nil advance payment subject to availability, and on selected 2008 and 308 models only. Information and offers correct at time of going to press, however Peugeot Motor Company PLC reserves the right to change these at any time and without notice. For full terms and conditions, please contact the Peugeot Motability line on 0845 945 5466. *Passport Personal Lease: A guarantee may be required. Written quotations available on request from Peugeot Financial Services, Quadrant House, Princess Way, Redhill, RH1 1QA. Passport Personal Lease contract examples: 208 Access initial customer rental £159, optional final rental of £4,018.46 monthly rental payable. Annual mileage 6000 miles. Excess mileage charges may apply. If you choose to pay off the optional final rental at the end of contract, you can keep the car but will not own it - you will pay an annual rental equivalent to one of your monthly. However, car ownership is possible with Passport - ask us for details. Offers apply to vehicles ordered by 31st October 2013. Calls may be recorded for training purposes. Models shown are for illustrative purposes only.



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Official fuel consumption figures in mpg (l/100km) Ford Car range: urban 64.2 - 30.4 (4.4-8.7), extra urban 85.6 - 44.8 (3.3-6.3), combined 76.4 - 42.8 (3.7-6.6). Official CO₂ emission 154.0-98.0g/km. This programme is subject to the standard conditions of the Motability 3-year Contract Hire Scheme. Full written details and quotations available on request from a Ford Authorised participating dealer or Motability Operations Limited. Under the scheme the vehicles are leased from Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Applications must be received and accepted between 1 January and 31 March 2011 by Motability Operations Limited. Free rear parking sensors will be included on all new Ford cars, with the exception of Kuga, Mondeo, S-MAX and Galaxy which will be supplied with front and rear free parking sensors, contracted through the Motability Scheme by a Ford Authorised Dealer. Where such sensors are not already included as standard, no cash alternative is available. Applications must be received and accepted between 1 January and 31 March 2011 by Motability Operations Limited.



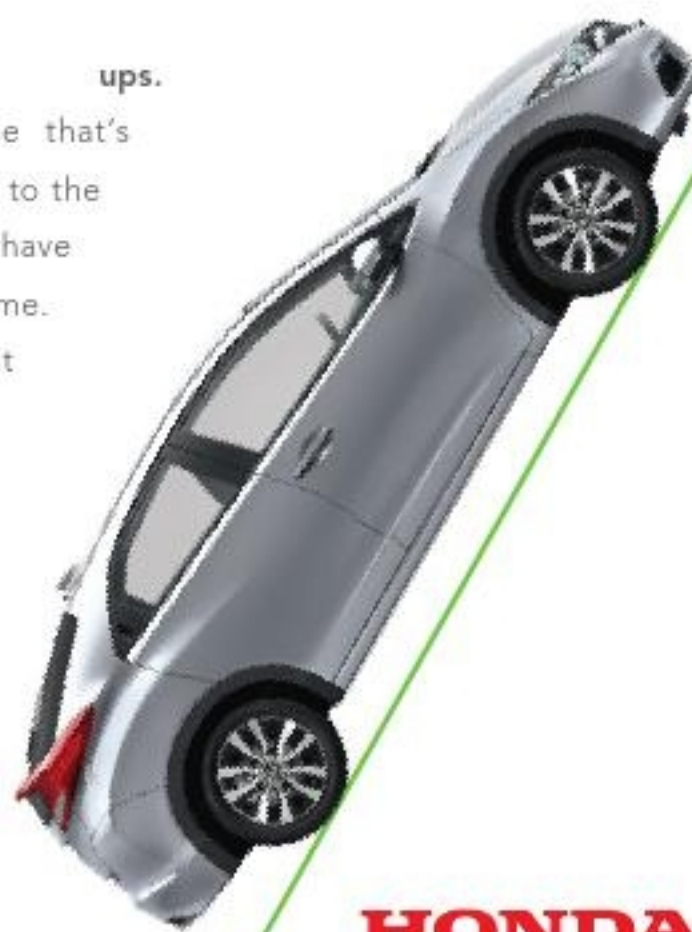
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Fuel consumption figures for the Civic 1.6 i-DTEC range in mpg (l/100km): Urban 70.6 (4.0), Extra Urban 85.6 (3.3), Combined 78.5 (3.6). CO₂ emissions: 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Model shown: Civic 1.6 i-DTEC SE Manual in optional Alabaster Silver Metallic at £20,075 On The Road. **Terms and Conditions:** New retail Civic 1.6 i-DTEC SE registrations from 1 July to 30 September 2013. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. **Honda Aspirations (PCP):** £229 per month based on Civic 1.6 i-DTEC SE Manual in metallic/pearl paint at £20,075 total cash price (and total amount payable) with 36 months' 0% APR Representative (interest rate per annum 0% fixed) with £4,259.71 (21%) deposit, Optional Final Payment of £7,571.11, annual mileage of 10,000 and excess mileage charge 5p per mile. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Credit provided by Honda Finance Europe Plc, 470 London Road, Slough, Berkshire SL3 8QY. **Servicing:** Four years' servicing or 50,000 miles, whichever comes first, for £399 including VAT and includes a maximum of four manufacturer's scheduled services.

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Models Shown: Jazz 1.2 i-VTEC SE Manual in Polished Metal Metallic, Civic 1.4 i-VTEC SE Manual in Polished Metal Metallic and CR-V 2.0 i-VTEC S Manual 2WD in Red Passion Pearl. **Terms and Conditions:** Nil Advanced Payment offer on Jazz 1.2 i-VTEC SE Manual and Civic 1.4 i-VTEC SE Manual, £1,399 Advanced Payment offer on CR-V 2.0 i-VTEC S Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 July 2013 to 30 September 2013 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY. (Registered Company No. 1373876). City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY.

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Official Government fuel consumption figures (Range): Urban cycle, Extra urban, Combined (litres per 100km/mpg) & CO₂ emissions (g/km); Highest: New Citroën C4 Picasso VTi 120 manual VTR+ 8.5/33.2, 4.9/57.6, 6.3/44.8, 145. Lowest: New Citroën C4 Picasso e-HDi 90 Airstream ETG6 VTR+ 4.2/67.3, 3.5/80.7, 3.8/74.3, 98. MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions.

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